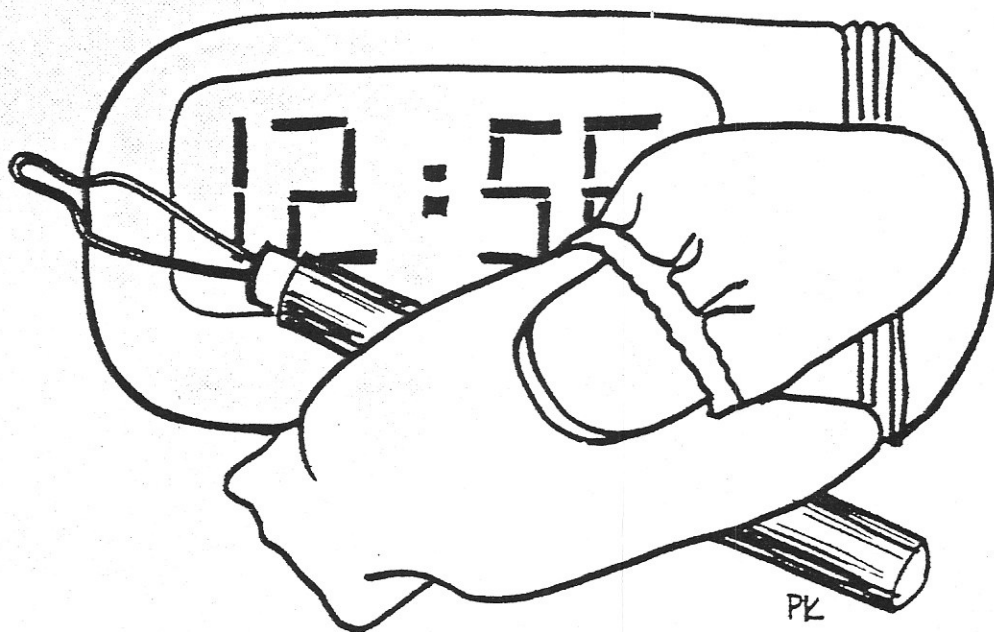

Making Life Easier:

Inexpensive Aids for Older Persons with Disabilities

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July 1992

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University Affiliated Program
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Introduction

As people age, the likelihood of a chronic illness or disability occurring that affects the functioning of an individual at an independent level increases dramatically. Tasks such as opening a jar or putting on pantyhose can pose insurmountable hurdles. Simple assistive devices can make a big difference. They can **Make Life Easy**.

The purpose of this book is to describe to the reader a wide array of these devices and sources for their purchase. The book was designed to identify devices that are inexpensive and readily available. Sources of potential listings were sent letters describing this project and asking if they had items to be included in a book on assistive devices. From the catalogues and other information received, this book was developed.

The book lists the names of the sources under the description of the item. The address and telephone number of the sources can be found in the **Resources** section, beginning on page 45. The superscript refers to the approximate cost of the device. The legend for these superscripts is:

*Up to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100.00; ^eOver \$100.00
No superscript - price range unknown.

It should be stressed that this book is not a substitute for medical advice. If a person is experiencing a chronic physical disability or illness, a physician's advice should be sought.

A book on how to build customized aids for the elderly can be found in **Eighty-eight Easy-to-Make Aids for Older Persons**, by Don Caston, published by Hartley and Marks. This book describes how simple, useful aids such as seat tops, book rests, and handrails can be built.

Another source for information about assistive devices is the Missouri Technology Project, directed by the University of Missouri-Kansas City Institute for Human Development, a University Affiliated Program, and the School of Education. It is one of thirty-one projects to receive a federal grant from the National Institute on Disability and Rehabilitation Research under the Technology-Related Assistance for Individuals with Disabilities Act of 1988. Although the project is not designed to provide direct services, one focus of this center is to provide information and referral. For information on any device, call toll-free (800) 392-0032 (Voice) or (800) 647-8558 (TDD).

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100

No superscript - price range unknown.

Bath

Automatic Soap Dispenser

This dispenser has two chambers that can be filled with shampoo and conditioner or liquid soap. Liquid is released at the push of a button. Can be mounted with suction cups, two-sided tape or screws.

Joan Cook Housewares^b

Bath, Brush and Sponges

Washing one's back with limited range of motion can pose a barrier to cleaning. Bath brushes are designed to assist the individual reach hard-to-clean areas (e.g., neck, shoulder and back). Many are contoured to easily fit in one's hand. There are also bath sponges to accomplish this same activity.

Access to Recreation, Inc.^a

Access With Ease^a

AliMed, Inc.^a

Cleo, Inc.^a

Lumex^c

Fred Sammons, Inc.^{a,c}

Sears^a

TASH, Inc.^a

Therafin Corp.^a

Bath Mattress

A bath mattress provides support for the person taking a bath. This vinyl can place something between the cold tub and a person. Mattresses are often inflated. It aids relaxation and can help the older person with arthritis.

Enrichments^b

Bathboard

Adjustable bathboards are designed to fit across the top of the bathtub. There are a number of models -- raised, laminated, adjustable.

TASH, Inc.^{c,d}

Bath Cushion

This soft bath cushion will fit on the side of the bathtub. It allows the person to sit on the side of the bathtub comfortably. It is especially helpful for anyone with hip problems.

TASH, Inc.^{c,d}

Bath Pillow

Pillows can make taking a bath a more comfortable experience. The pillow can hold a head secure during the bath. Some pillows are held in place by suction cups.

Cleo, Inc.^a

Independent Living Aids, Inc.^b

Bath/Shower Seat

Simple chairs placed in the toilet can become bath seats. Many have elevated arms for support. Some can be folded up for storage. Others have adjustable seats or legs with non-skid feet. While some bath seats have backs, others do not.

Access to Recreation, Inc.^e

Cleo, Inc.^d

inexpensive. One model has a bracket with a suction back to hold the spray head wherever desired. Another has a non-skid, thermoplastic grab bar.

Cleo, Inc.^b
Enrichments^b
Independent Living Aids, Inc.^c
Lumex^{c,d}
Modern Wisdom^d
St. Louis Medical Supply^{c,d}
Fred Sammons, Inc.^a
Sears^c

Nonslip Safety Strips

Slipping in the bathtub is a major hazard for older persons. Their bones may break easily. They are also less agile and have a tendency to fall. These nonslip safety strips adhere to any clean surface. They are unaffected by water, soaps or cleansers. They can be cut into any size strip needed.

Cleo, Inc.^a
TASH, Inc.^a

Portable Toilet

People who are ill and have mobility problems may require a portable toilet. These come in many shapes and sizes. Some of these can be adjusted and made into a shower bench. Some have safety rails to assist with getting up or when using the toilet.

Brewer Quality Health Care Equipment^a
Cleo, Inc.^{c,d}
Enrichments^d
J.A. Preston Corp.^d
St. Louis Medical Supply^{d,e}
Fred Sammons, Inc.^d
Sears^d
Winco, Inc.^d

Secure Toilet Seat

Toilets can be scenes of accidents for frail elderly. There are several ways to make a toilet more secure. One such low-cost device is a seat reducer ring. This plastic ring snaps inside the toilet seat to make it smaller. Another seat can be elevated in addition to making the toilet seat smaller. Some seats are elevated or raised. There are also padded seats. This inexpensive adaptation makes the seat safer.

Access With Ease^c
Brewer Quality Health Care Equipment^d
Cleo, Inc.^{b,c,d}
Columbia Medical Manufacturing^a
Enrichments^c
Independent Living Aids^b
LS & S Group, Inc.^d
Lumex^b
Modern Wisdom^b
J.A. Preston Corp.^b
St. Louis Medical Supply^{c,d,e}
Fred Sammons, Inc.^{b,c,d}
Sears^{b,c}
Winco, Inc.^c

Sitting Scale

For individuals who cannot stand, a sitting scale allows for weighing. "Locked-in" readings allow for being able to determine weight even after the person stands up.

Sears^c

Sling Towel

This terrycloth towel assists in washing and drying the back. It can reach areas difficult to access when a person has a limited range of motion. There are sturdy loop handles.

TASH, Inc.^a

CLOTHING

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100
No superscript - price range unknown.

Clothing

Buttoner

Buttoning can be a difficult process for someone with arthritis. Some devices consist of wire or hooks that are pushed through the buttonhole to pull the button through the hole. Buttoners can be small or have handles attached.

AliMed, Inc.^a
Access to Recreation, Inc.^a
Access With Ease^a
Cleo, Inc.^a
ETAC USA^b
Independent Living Aids, Inc.^a
LS & S Group, Inc.^b
Fred Sammons, Inc.^a
Sears^a
TASH, Inc.^a
Therafin Corp.^a

Carry-All Pocket Smock

Carrying "stuff" while a person is in a wheelchair is often difficult. This pocket smock has five various size pockets to keep things in. The velcro straps the smock securely to the wheelchair. One size fits all.

Laurel Designs^b

Dressing Stick

For those who have difficulty putting on and taking off clothes, this stick could come in very handy. The plastic coated hooks on each end of a wooden shaft help slip clothes on and off. The handle is easy to grasp. The stick is lightweight. Some models fold.

Access to Recreation, Inc.^a
Access With Ease^a
Fred Sammons, Inc.^a
TASH, Inc.^a
Therafin Corp.^{a,b,c}

E-Z Shoe-On[®]

This device tightly grips the heel of a shoe and allows it to be pulled on to the foot without the need to press on the floor. E-Z Shoe-On[®] is available in 20" or 30" lengths.

ARCOA Inc.^c

Easy to Put on Clothing

Independence in dressing can have implications for the person living in a restrictive environment. If someone must be physically assisted in dressing, they must give up part of their independence. Clothes can also be made with roomy shoulders and other areas. Some clothes are fastened in the front with velcro. There are many variations in style and fashion. There are dresses, skirts, pants and blouses. Jackets and sweaters are also available. Clothes are made for both men and women.

Adaptive Fashions^{c,d}
Avenues Unlimited^{b,c,d}
Comfort Clothing^{b,c,d}
Fashion Ease^{a,b,c}
M&M Health Care Apparel^{b,c}
Mature Wisdom^{b,c}
Sears^{b,c,d}
Specialized Clothing^{b,c,d}
Wings Sewn Products^{a,b,c}
Wheelies Bent Wear^{a,b,c,d}
Zipfront Clothes^b

Shoes

These shoes have no laces to tie. Velcro closures allow a secure custom fit. All feature non-slip soles. One style has removable foam insoles and can be machine washed. Women's and men's sizes.

M&M Health Care Apparel Co.^{b,c,d}
Modern Wisdom^{a,b}

Sock/Stocking Starters or Aids

A person may need assistance putting socks on. One assistive device has tubular pull handles. Other models have foam rubber pads to provide assistance in putting socks on.

Access to Recreation^b
AliMed, Inc.^a
Cleo, Inc.^a
ETAC USA^c
Independent Living Aids^a
LS & S Group, Inc.^a
Fred Sammons, Inc.^{a,b,c}
Sears^{a,b}
TASH, Inc.^a
Therafin Corp.^{a,b}
United Medical Mart^{a,b}
Wings Sewn Products^{a,b}

Support Socks

There are a number of uncomfortable leg and foot problems--mild varicose veins, tired aching legs, swelling, and poor circulation--that can be helped by support hose. The greatest counterpressure is at the ankle and gradually decreases toward the top. A bubble-toe assures freedom of movement and a heel pocket provides a good fit and reduces wear.

Socks are knitted with nylon and elastic. They are available in various colors and styles from sportswear to formal wear.

Jobst^c

Undergarments

Special undergarments are needed for several reasons. First, some older people are incontinent and need moisture protection. Secondly, removal of undergarments can be difficult and time consuming. Side snaps can facilitate this process. Some have a protective drop front. These undergarments are soft 100% cotton and stay supple even with repeated launderings. They come in many sizes from small to extra large.

Special Clothes^{a,b}

Zipper Pulls

Steel hooks on handles (ranging in size from 5-12" long) can raise zippers up and down. Some rings also fit in zipper to make for easy pulling. These are low-cost devices. Individuals with arthritis or cerebral palsy could find these very useful.

Access to Recreation, Inc.^a
AliMed, Inc.^a
Cleo, Inc.^a
Independent Living Aids^a
Fred Sammons, Inc.^a
Sears^a
TASH, Inc.^a
Therafin Corp.^a

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100
No superscript - price range unknown.

Kitchen Aids

Box Top Opener

This opener easily penetrates hard-to-open boxes such as laundry/dishwasher detergent, rice, and prepared dinners. Just pierce and lift.

Cleo, Inc.^a

Independent Living Aids, Inc.^a

Fred Sammons, Inc.^a

Dish Cleaning Brush

A dish cleaning brush has a suction cup on the bottom and sits in the sink. These brushes can handle dishes, glasses, silverware and even Teflon.

Access with Ease^a

Cleo, Inc.^a

Butler

Bending down to sweep dust and dirt into a dustpan can cause problems for anyone with arthritis. This dustpan is on a stick and swings shut for carrying purposes. The broom is also lightweight and easy for people with mobility problems.

Access with Ease^b

TASH, Inc.^a

Food Prep Knives

These knives come in a variety of designs that aid persons with arthritis or limited strength and dexterity.

Fred Sammons, Inc.^{a,b}

Jar Lid Opener

Arthritis can make opening a simple jar a major project. There are many assistive devices to open jars. These devices include a knurled gripper mounted in plastic to hold the jar securely. Most of these openers are mounted on the wall or under a kitchen cabinet. Some come in battery operated or electric models.

Access to Recreation, Inc.^{a,c}

Access with Ease^a

Cleo, Inc.^a

Hammacher Schlemmer^c

Joan Cook Housewares^c

Enrichments^a

LS & S Group, Inc.^a

Fred Sammons, Inc.^a

TASH, Inc.^{a,b}

Cooking Guard Rail Rings

Individuals and low vision or disabilities can cook with confidence while using this inexpensive guard rail. The ring prevents pots and pans from sliding off the burner.

Gladys Loeb Foundation^a

Refrigerator Door Opener

A pedal lever allows easy access to the refrigerator with the push of one foot. It can be installed easily without drilling.

Fred Sammons, Inc.^a

Stove Knob Turner

This long stick eliminates the need to reach across hot stove elements. The stick is T-shaped and notched at one end to fit into the stove knobs.

TASH, Inc.^a

Tab Grabbers

Removing a tab from a pop can or twist-off bottle cap requires both dexterity and strength. This inexpensive device can be stored in a drawer or on the refrigerator through a built-in magnet.

Access with Ease^a

Enrichments^a

Independent Living Aids, Inc.^a

Tap Turner

This simple adaptive device makes any knob into a lever. This can be fit onto door handles or water taps. It clamps on to make a snug fit. One model fits over 30 different faucet shapes.

Fred Sammons, Inc.^{a,b}

TASH, Inc.^a

Visual Instructional Aids

Whirlpool prints the instructions for its appliances (e.g., refrigerator, microwave, oven, washer, dryer) in braille and big type. They also have an audio-cassette available for those with vision impairment.

Whirlpool^{a,b}

Vegetable Peeler

Wide handled peelers assist the person who has a grip problem. Some can be mounted onto a board.

Cleo, Inc.^a

LS & S Group, Inc.^a

Fred Sammons, Inc.^{a,b}

TASH, Inc.^a

Wheelchair or Walker Bag

Carrying things may be difficult in either a wheelchair or a walker. The wheelchair or walker bag fits snugly over the walker bar or wheelchair arm. The bags are made of various materials (e.g., denim) and often affix using Velcro fasteners.

Avenues Unlimited^c

Laurel Designs^b

J.A. Preston Corp.^{b,d}

R. C. Sales & Manufacturing, Inc.^c

Sears^b

TASH, Inc.^{b,c}

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100
No superscript - price range unknown.

Personal Hygiene

Attachable Mirrors

Small mirrors are a problem for individuals with only one hand that functions since holding a mirror and combing/brushing would be impossible. There are small mirrors on stands and those that attach to tables, chair arms, or walls. Some have flexible shafts. They can have a plain or magnifying potential.

Cleo, Inc.^{a,b}

LS & S Group, Inc.^{a,b,c}

Fred Sammons, Inc.^a

Cleaning dentures daily should help oral hygiene. Just as a toothbrush may be difficult for an older person with strength or grip problems to hold, the denture brush can pose the same problem. These brushes are molded with suction cup holders to keep the brush in a handle to make cleaning dentures easier. Another variant has a suction cup on the bottom of a base.

Access to Recreation, Inc.^a

AliMed, Inc.^a

Cleo, Inc.^a

Fred Sammons, Inc.^a

TASH, Inc.^a

Bath or No Rinse Shampoo

Apply shampoo or soap and not rinse. Simply apply and massage. It leaves hair soft and manageable and it doesn't hurt the skin.

Access With Ease^a

Nail Care

One predictor of residing in a nursing home is the ability to cut one's nails. Different aids have been developed to assist in the nail cutting process. One type has the finger slip into a polyethylene board which has a suction cup to maintain stability. A nail scissors has a spring-load handle that automatically returns blades to a ready position. Nail files and brushes can have suction cups on them for steady use by those with the use of one hand or muscle problems.

Access With Ease^a

Cleo, Inc.^{a,b}

ETAC USA^b

Fred Sammons, Inc.^b

TASH, Inc.^b

Comb and Brush Aids

There are many variations on combs and brushes for individuals with limited range of motion. Some are built-in handles and others attach to the person's comb or brush. The handles allow for any angle for holding. Some combs and brushes are on extended handles.

Access to Recreation, Inc.^a

AliMed, Inc.^a

ETAC USA^c

Fred Sammons, Inc.^{a,b,c}

TASH, Inc.^a

Denture Brush

Razor Holder

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100

No superscript - price range unknown.

Recreation/Leisure

Bingo Games

The camaraderie of a bingo game can be a lure as much for this aspect as for the thought of gaining money. For the person with poor eyesight, there are large print game cards. There are also some cards where the person does not place a marker on the number that is called, but rather punches a window to slide the number.

Hammatt Senior Products^{a,b}
LS & S Group, Inc.^a

Bookrest

These devices hold a book upright so a person can read. They are especially suited for individuals who need their hands free or lack muscle strength.

Access to Recreation, Inc.^c
Cleo, Inc.^b
TASH, Inc.^a

Bookweight

This bookweight is made of leather with weights stitched into each end. It lays on top of the open book, freeing a person's hands. Great for cookbooks.

The Vermont County Store^a

Bowling Aids

For the individual who would like to bowl, but who does not have the strength to throw the ball down the alley, there is an aide that resembles a hoe that can be placed behind the ball. The device is pushed to start the ball going down the alley. These aids are padded on their legs to prevent alley damage. They also have comfortable stick handles for the bowler. Another bowling aid is the bowling ball ramp. The ball is placed on the ramp and then let go.

Access to Recreation^d
Cleo, Inc.^c
Therafin Corp.^d

Bowling Ball Holder-Ring

This device is designed for the wheelchair bowler. It easily attaches to most wheelchairs and holds the ball in a stationary position until ready to bowl.

Access to Recreation, Inc.^c
George H. Snyder^b

Card Holders

Card holders come in a varied assortment. Some are tiered so they can be hand-held or set on the table. Some are square shaped and others have curved ridges. The purpose of the card holder is to allow individuals who cannot

Fitness Equipment

Being in a wheelchair should not prohibit fitness. There are a number of types of fitness equipment made for the person with limited mobility.

Avenues Unlimited^{c,d}

Gardening Aids

The older you get, the more difficult it is to bend down and weed gardens or apply the needed muscle power for many of the other gardening activities. The Upper Hand tool is a device that can slip onto many common gardening tool (e.g., rake, shovel, hoe). It provides more power leverage and control. Another aid that provides leverage for any push or pull-type tool is called the helping handle.

*Access With Ease^a
Walt Nicke Co.^a*

Geri-Ropes

Geri-ropes have built-in loop handles with a plastic grip. They are made of nylon covered elastic rope and are used for stretching hand to hand or hand to foot. Hook one end to a door handle that is locked for specific muscle exercises.

Hammatt Senior Products^a

Grasping Cuff

Specially designed for activities requiring racquets, cues, poles, bats, or paddles. Those with limited hand function, yet good arm strength, can adjust the Dycem-lined strap so the object is firmly in the palm.

Access to Recreation, Inc.^d

Magnetic Games

These magnetic board games are designed for the visually impaired. Game boards and pieces are large with high contrast colors. Available games include Checkers, Dominos, Backgammon, Solitaire, Tic Tac Toe, Aggravation, and Cribbage.

LS & S Group, Inc.^{a,b}

Needlecraft Aids

There are a myriad of aids to assist those with one hand use needlecraft equipment. A knitting needle for those with the use of one hand enables an individual to knit confidently. An embroidery hoop allows those with one hand to embroider and sew.

Access to Leisure^{c,d}

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*up to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100

No superscript - price range unknown.

Utensils

Angled Utensils

To assist in eating, utensils have been made with angled or curved handles. This makes it easier to hold them and to eat.

Cleo, Inc.^a

ETAC USA^{b,c}

Lumex^{b,c}

Fred Sammons, Inc.^a

TASH, Inc.^b

Assist Knife

This knife was made for individuals with limited hand and wrist strength. It could assist those with limited dexterity. It is only 10 ozs., thus lightweight. The cutting is done electrically. There is a Velcro strap that can be attached to the arm.

Access to Recreation, Inc.^{b,c}

Bowls and Suction Base or Non Slips

When a person has trouble seeing or has arthritis, the stability of kitchen dishes or bowls can be very important. The suction can be removed merely by turning the bowl counter-clockwise. Other trays/dishes may be held by non-slip holds.

Enrichments^b

LS & S Group, Inc.^c

J.A. Preston Corp.^a

Built-Up Utensils

Stainless steel cutlery that has built-up plastic handles can assist individuals with arthritis or weak grips. Rings are adjustable to provide support for fingers or can be removed.

Cleo, Inc.^a

Independent Living Aids, Inc.^{a,b}

J.A. Preston Corp.^a

Fred Sammons, Inc.^a

Sears^b

TASH, Inc.^c

Therafin Corp.^{a,c}

Clip-On Lap Tray

This lap tray clips on so a person in a wheelchair can have a lap tray. There is a 3/4" rim to keep items from falling off. The vinyl cleans easily with a damp cloth.

Cleo, Inc.^c

Cup/Glass Holder

These aids add a base or a sleeve to a glass or cup to avoid tipping. Straws can be put in the glass or cup for drinking. These aids can assist individuals who are uncoordinated. Variants have handles of different sizes.

Cleo, Inc.^a

Fred Sammons, Inc.^a

TASH, Inc.^{a,b,c}

Grip Mate

This molded vinyl plastic with a Velcro closure strap is designed to grip utensils. There are two latches for a tight grip. Five openings in the cylinder allow for holding any shape utensil from flat to round.

Independent Living Aids, Inc.^b
LS & S Group, Inc.^a
Fred Sammons, Inc.^a

Handi-Holder

Pouring from liter coke bottles or 2 quart milk cartons can be difficult for someone who is unsteady. One holder fits over the bottle or carton. You hold the strap above it. It avoids messy spills. Another holder fits over the top of a carton for a secure grip.

Evlo Plastics^a
Independent Living Aids, Inc.^a

Horizontal Palm Self-Handle Utensils

These utensils feature plastic covered hand grips which can be easily bent to adjust for the hand size of the individual.

Cleo, Inc.^a
Fred Sammons, Inc.^a
Therafin Corp.^a

Inner Lip Plate®

The inner lip plate® is designed to help the person who has difficulty in self-feeding. The lip holds the food on the plate.

AliMed, Inc.^a
Fred Sammons, Inc.^{a,b}

Knives

Arthritis can make cutting a difficult task. Some knives are curved. Others are made so only minimal strength and dexterity is needed to use. A rolling knife makes cutting meat, fruit, or dessert easy as pie.

Cleo, Inc.^{a,b}
ETAC USA^b
Enrichments^b
Fred Sammons, Inc.^a

Liquid Level Indicator

This device hangs over the lip of a container and buzzes or emits a musical sound when the liquid level is within one-half inch of the top.

Independent Living Aids, Inc.^a
LS & S Group, Inc.^a

Neat Sheet

This sheet fits over the person while they are eating. It is lightweight and durable - 100% nylon. It folds up and can be carried in a purse

Scoop Dish

This dish has one edge that is elevated so that the person can "scoop" food up. Anti-slip rubber holds the underside in place.

Fred Sammons, Inc.^a

TASH, Inc.^a

Select a Grip Cutlery

The handles of this cutlery can be changed to meet the need of the user. It could assist those with limited motion and poor hand strength. There are two groups and a "maxi" strap. The cutlery is stainless steel and dishwasher safe.

Access to Recreation, Inc.^a

Spillproof Drinking Cup

This cup has a lid and a small hole in the lid for drinking. This is designed to prevent spillage, especially for those with unsteady hands.

Independent Living Aids, Inc.^a

TASH, Inc.^{a,b}

Suction Dishes

Some dishes have suction cups on the bottom to provide maximum stability. These dishes come in various shapes and sizes.

AliMed, Inc.^a

Cleo, Inc.^{a,b}

J.A. Preston Corp.^b

Fred Sammons, Inc.^{b,c}

Swivel Utensils

To assist in eating, these utensils have a swivel mechanism which keeps them level when wrist or finger motion is absent. Some designs have stops that can be adjusted to regulate the amount of swivel in either direction.

Fred Sammons, Inc.^a

Two Handled Cup

To provide more stability in grasping a cup, this one was designed with two handles. This makes for easy drinking for those with limited dexterity or poor hand strength.

Access With Ease^a

AliMed^a

Cleo, Inc.^a

Independent Living Aid, Inc.^a

J.A. Preston Corp.^a

TASH, Inc.^a

Triangular Finger Grips

Customized built-up finger grips can be put on utensils. This will make it easier to pick up and use utensils in eating.

Fred Sammons, Inc.^a

LS & S Group, Inc.^a

Utensil Holder

Utensils can be strapped to an arm by means of a strap or a cuff. There are many models of

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100

No superscript - price range unknown.

Visual Aids

Automatic Lock Light

This light can be easily mounted (presses on) directly above any door lock. Tap it for the light you need to insert your key. Stays on for 6 seconds and automatically shuts off. Batteries included.

Modern Wisdom ^a

Braille Watches

The quartz watch has a white dial with black numerals and hands. The crystal is hinged at the 12:00. It flips up at 6:00 so that the person can read numerals in braille. There are men's and women's versions.

Independent Living Aids, Inc.^d

Call Alert Flasher

This device signals incoming telephone calls by flashing an attached nearby lamp. Works whether lamp is in On or Off position.

LS & S Group, Inc.^c
Radio Shack ^a
Sonic Alert^{b,c}
X-10 (USA), Inc.^d

Cordless Fluorescent Lamp

Fluorescent light places a bright light on whatever is near. This is a battery light that can be placed anywhere. It is 6 1/2" long and attached to an 8" gooseneck. It comes with a 6 volt fluorescent tube and requires 4 AA batteries.

Joan Cook Housewares ^b

Deluxe Prism Glass

For individuals who are bedridden, watching television or reading can be next to impossible. The lens angles the line of sight so that the person can see even when lying in bed. There are precisely aligned ophthalmic crown glass prisms that show half a page.

AliMed, Inc.^c
Cleo, Inc.^c
Fred Sammons, Inc.^{d,c}

Doorbell Signaler

This device will flash the lights in any room each time the doorbell button is pressed. It is especially suitable for the hearing impaired person.

Sonic Alert ^{c,d}

Large Print Calendars

A large print calendar allows for monthly appointments or notes to be kept.

Access With Ease^b

are a number of both hand-held and print calculators with large numbers. Some models have illuminated numbers.

Independent Living Aids, Inc.^{b,c,e}
Science Products^b

Large-Print Playing Cards

These cards can be regular sized with large print or oversized.

Access With Ease^a
Avenues to Leisure^{a,b}
Cleo, Inc.^{a,b}
Hammatt Senior Products^a
Independent Living Aids, Inc.^a
LS & S Group, Inc.^a
Fred Sammons, Inc.^a

Lighted Magnifier

This inexpensive magnifier has a light built in. Ideal for reading the phone book, maps and getting splinters out.

Access With Ease^a

Large Face Playing Cards Braille Playing Cards

These cards are designed for persons with visual impairment. The first set is on large cards with large numbers. The latter set is braille embossed.

Independent Living Aids, Inc.^a
TASH, Inc.^a
Visual Aids^a

Lighted Slippers

Just tap the back of the Nightmate™ slipper to light the bulbs. The slippers illuminate a path up to 12 feet ahead. They are constructed of terry with non-slip soles and operate using 2AA batteries (not included). Unisex sizes.

Hammacher Schlemmer^c
Mature Wisdom^c

Magnifier Lamp

This lamp with a built-in magnifier can assist those with visual problems. These lamps are on lamp swivels and can reach 36". The lamp clamps on any edge up to 2" thick.

Access With Ease^c
TASH, Inc.^{a,b}

Large Print Calculators

Many calculators have small numerals that may be difficult for an older person to read. There

play the 4-track tapes are also available on loan. Determination of eligibility is required. Missouri residents can contact the Wolfner Library [(800) 392-2614] in Jefferson City for details.

Talking Calculator

This model is small (3 1/2" x 8" x 1") and weighs less than one-half pound. This calculator will add, subtract, multiply, divide and calculate percentages. There are four speeds for the voice and a repeat button if needed. The voice is that of a female. It can be made loud or soft.

Independent Living Aids, Inc.^c
Sears^c

Talking Clocks

A talking clock will announce the time at the touch of a button. There are high and low volumes. Some models announce each hour. There is an LCD display plus voice for easy setting. It runs on both batteries and electricity.

Independent Living Aids, Inc.^{b,c}
Modern Wisdom^c
Radio Shack^{c,d}
Sears^c

Talking Watch

Seiko makes a watch that talks. The watch has a digital readout. It announces the time when the "Talk" button is pushed. If desired, the watch will announce each minute for 14 minutes. It has a "count-up" timer that

announces each minute for 30 minutes. There is a built-in alarm that beeps and tells the time. There are other talking watches available as well.

Independent Living Aids, Inc.^{c,d}
Radio Shack^c
Sears^c

Timers

Timers for the disabled come in a variety of models. Some have mechanical dials, others have large LCD readouts. All would be useful for cooking, exercising, or other daily activities.

Independent Living Aids, Inc.^b
LS & S Group, Inc.^{a,b}

Variable Intensity Study Lamp

This lamp has a rheostat mounted in front of the base to allow for adjustment of the intensity of the lamp. The lamp, when extended, is 25" tall. It has molded feet on the base.

American Printing House for the Blind^c

Wake Up Alarm

This device alerts a person when an alarm clock is ringing by means of a flashing light or a bed vibrator.

Sonic Alert^c

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Miscellaneous

Anti-Slip Tape

The coarse grit tape ensures safe footing on steps or floors. Just peel off and apply. One version comes in clear.

Independent Living Aids, Inc.^c
Seton Name Plate Co.^c

Automatic Door Closer

This easy to install 4" Doorbutler[®] closes interior doors, exterior doors, fence gates, etc. It is weatherproof and paintable.

Joan Cook Housewares^b

Arthritis Muff Heat Chamber

A muff made of polyurethane foam sponge construction provides moist heat for soothing aching fingers and hands. There are three heat settings.

Sears^c

Automatic Light Controller

These devices fit most lamps and fixtures. Lights go on at dusk, off at dawn.

Independent Living Aids, Inc.^a
Radio Shack^a

Arthwriter[®]

Aids those with crippling diseases to write and eat. This light weight (2 oz.) 3-inch diameter plastic ball has a side screw with a flipper type head that clamps onto the object.

Cleo, Inc.^a
Independent Living Aids, Inc.^a
LS & S Group, Inc.^a
Fred Sammons, Inc.^a

Automatic Night Light

This plug-in light brightens as darkness increases. It shuts off at dawn.

Independent Living Aids, Inc.^a
Radio Shack^a
The Vermont Country Store^a

Bed Caddy

This quilted bed caddy has two pouches that hold things (e.g., paper, pencil) for those confined to bed.

TASH, Inc.^a

Finger Print

Wrap a velcro-like material around your finger. The ballpoint is in the wrap-around. This can make writing as easy as pointing your finger.

TASH, Inc.^a

Foot Baths

Tired feet can be "picked up" by surging waves. A three-way aerator nozzle moves 360° up and down to reach sore spots. Foot baths generally have gentle or vigorous massage.

Sears^{b,c}

Foot Chargers

To relax tired feet these foot chargers have massaging foot rests of vinyl-coated polyurethane foam. There are three massage levels with or without heat.

Sears^c

Garage Bumper

This parking stop guides the car to the exact spot in the garage or carport every time. Heavy bumper stops wheel safely; won't move when hit. No installation; just place where wanted.

Joan Cook Housewares^a

Hoop Apron

This apron fits on a plastic hoop so no tying is necessary. It has large pockets. The apron can be taken off the hoop for laundering.

TASH, Inc.^a

Ice Treads

Ice Treads stretch easily over shoes for "no slip" walking in ice and snow. Lightweight, heavy duty tread has four stainless steel spikes.

LS & S Group, Inc.^a

Key Holder

These key holders give extra leverage in turning locks and ends the struggle of turning keys in locks. There is often space to hold more than one key in the holder.

Access to Recreation^a

Cleo, Inc.^a

Fred Sammons, Inc.^a

TASH, Inc.^{a,b}

Therafin Corp.^a

Lamp Converter

A new lamp can be turned on by touch. Now any lamp can be converted to turn on by touch.

Independent Living Aids, Inc.^a

Fred Sammons, Inc.^b

TASH, Inc.^b

Neck Pillow

This pillow can both prevent neck problems and also alleviate those that are present. The pillow is "U-shaped" and supports your neck and maintains its cervical curve. One model is inflatable, which some people use in the bathtub to maintain a straight neck.

Independent Living Aids, Inc.^a
Hammacher-Schlemmer^b

Needle Threader

A needle can be threaded by use of a mere push of a button.

Access to Recreation, Inc.^a
TASH, Inc.^a

One Finger Software Program

This program allows a user to operate the keyboard with one finger or a pointer. One Finger runs on IBM and most IBM compatibles. It can be downloaded from an electronic bulletin board free of charge.

Trace Research and Development Center^b

Orthopedic Mattress Pad

The mattress one sleeps on may influence the type of sleep that one receives during the night. The orthopedic mattress pad has been designed to assist different parts of the body.

The central section supports buttocks and hips. The two adjacent sections support the torso and leg. The top and bottom sections support both the head and shoulders.

Hammacher-Schlemmer^{c,d}
Sears^{b,c}

Phone Flipper

This device attaches to most standard desk-type telephones. It eliminates the need to remove and replace the receiver. Once installed, the phone may be answered by flipping the lever up; to disconnect, flip lever down.

Therafin Corp.^a

Phone Holder

This U-shaped stainless steel handle attaches to a telephone receiver. It can be bent to accommodate any size hand.

Therafin Corp.^a

Picture Dialer

Easily connected to the phone, this device can be programmed with 9 numbers of relatives, friends, and emergency numbers. Just press one of the large pads and the call is automatically dialed. Pictures provided can be replaced with actual photographs.

Independent Living Aids, Inc.^c

Stair & Step Treads

The deep molded pattern in this rubber stair tread provides sure, safe footing. The tread is deep enough to wrap over the nose of each step.

The Vermont Country Store^a

Telephone Dialer Stick

The point of this dialer stick fits into the holes of a rotary dial telephone. The handle can be easily gripped by persons who suffer from arthritis.

Cleo, Inc.^a

Talking Pictures[®]

Talking Pictures[®] provides a basic means of communication for individuals who have difficulty expressing their needs orally and cannot be understood by others. The individual points to the picture that expresses the need. Available as cards, stickers, books, and boards.

Crestwood Company^{a,b}

Text-to-Speech Software

When used in conjunction with speech synthesis hardware, these software programs will make compatible application programs speak. Designed for Apple computers.

American Printing House for the Blind, Inc.^c

Talking Weight Scale

Touch a button, stand on the scale, and your weight is announced. It also tells the weight gained or lost since last time. Automatically turns itself off. It will weigh up to 288 pounds. Battery operated.

Independent Living Aids, Inc.^d

Thermo-Therapy Back Pillows

Therapy for the bad back can also be implemented through use of hot or cold water. Heat aids healing by increasing the blood flow. Heat therapy is best for sore muscles and joints. Cold treatment is prescribed by some physical therapists for anesthetic properties. It reduces pain and tension associated with lower back muscle strain and back fatigue.

MedFoam

Telephone Amplifier

Amplifiers are designed to boost incoming sound. They are to be used with modular handsets. Batteries required.

*Crestwood Company^b
Radio Shack^{a,b}*

Typing Aid

This durable plastic device straps onto the hand. It makes typing easier for persons with limited grasps.

Access to Recreation, Inc.^a

RESOURCES

Resources

Access to Recreation, Inc.
2509 E. Thousand Oaks Blvd., Suite 430
Thousand Oaks, CA 91362
(800) 634-4351

Access With Ease, Inc.
P.O. Box 1150
Chino Valley, AZ 86323
(602) 636-9469

Adaptive Fashions, Inc.
5641 Bartlett Blvd.
Mound, MN 55364
(612) 472-4435 or (612) 473-5945

AliMed Inc.
297 High St.
Dedham, MA 02026
(617) 329-2900

American Printing House for the Blind, Inc.
1839 Frankfort Avenue
P.O. Box 6085
Louisville, KY 40206-0085
(502) 895-2405

ARCOA Industries
888 Rancheros Drive, Suite A
San Marcos, CA 92069
(619) 489-1170

Autofold, Inc.
208 Coleman St. Ext.
P.O. Box 1063
Gardner, MA 01440-1063
(508) 632-0667

Avenues Unlimited
5334 Sterling Center Dr.
Westlake Village, CA 91361
(800) 848-2837

Baby Motivations Co.
9706 Sugar Tree Ct.
Houston, TX 77070
No phone listed.

Becker Industries, Inc.
Route 1, Box 43
Merrill, IA 51038
(712) 546-7139

Brewer Quality Health Care Equipment
13901 Main Street
P.O. Box 159
Menomonee Falls, WI 53051-0159
(800) 558-8777

Cleo, Inc.
3957 Mayfield Road
Cleveland, OH 44121
(800) 321-0595

Consumer Care Products, Inc.
P.O. Box 684
Sheboygan, WI 53082
(414) 459-8353

Contour Fabricators, Inc.
4100 E. Baldwin Rd.
P.O. Box 56
Grand Blanc, MI 48439
(313) 695-2910

Joan Cook Housewares
3200 S.E. 14 Avenue
Ft. Lauderdale, FL 33350
(800) 327-3799

Crestwood Company
6625 N. Sidney Pl.
Milwaukee, WI 53209
(414) 352-5678

Lifestyle Innovations, Inc.
1155 North Service Road West
Unit 16
Oakville, Ontario, Canada L6M3E3
(416) 827-0535

Lindustries, Inc.
P.O. Box 295
Auburndale, MA 02166
(617) 237-8177

Gladys E. Loeb Foundation, Inc.
2002 Forest Hill Drive
Silver Spring, MD 20903
(301) 434-7748

Lumex
100 Spence Street
Bay Shore, NY 11706
(800) 645-5272

M&M Health Care Apparel Co.
1541 60th St.
Brooklyn, NY 11219
(800) 221-8929

Mailhawk Manufacturing Co.
P.O. Box 445
Warm Spring, GA 31830
(404) 655-3849

Mature Wisdom
P.O. Box 28
Hanover, PA 17333-0028
(800) 638-6366

MedFoam
5250 Klockner Dr.
Richmond, VA 23231
(800) 343-8112

Mega Bike, Inc.
916 N. Western Ave., #226
San Pedro, CA 90732
(800) 332-6342

Walt Nicke Co.
36 McLeod Lane
P.O. Box 433
Topsfield, MA 01983
(508) 887-3388

Orvis Corp.
Historic Route 7A
P.O. Box 798
Manchester, VT 05254
(800) 541-3541

J.A. Preston Corp.
P.O. Box 89
Jackson, MI 49204
(800) 631-7277

R.C. Sales & Manufacturing, Inc.
14010 Lexington Ave. N.E.
Anoka, MN 55304
(612) 786-6504

Ramsey Designs, Inc.
150 Eastern Parkway
Germantown, NY 12526
(518) 537-5846

St. Louis Medical Supply
10821 Manchester Rd.
Kirkwood, MO 63122
(800) 950-6020

Fred Sammons, Inc.
P.O. Box 32
Brookfield, IL 60513
(800) 323-5547

Science Products
Box 888
Southeastern, PA 19399
(800) 888-7400

Sears Home Health Care Specialog
1630 Cleveland Ave.
Kansas City, MO 64127-2246
(800) 326-1750

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^aup to \$14.99; ^b\$15 to \$24.99; ^c\$25 to \$49.99; ^d\$50 to \$100; ^eover \$100
No superscript - price range unknown.

Mobility

Cane Ice Picks

These canes have points (one to five) on the end tip so they can lock in place on ice and snow. The points can be rotated for use indoors.

LS & S Group, Inc.^a
TASH, Inc.^a

Folding Cane

These lightweight aluminum canes fold up into four sections so they can be carried in a bag. Some are adjustable from 33" to 37". Others can be ordered in 32" to 60" lengths.

Autofold, Inc.^b
LS & S Group, Inc.^b
TASH, Inc.^{a,b}

Driving Aids

These various devices allow persons with physical limitations to drive a car, truck, or van. The aids include steering devices, parking brake handles, signal levers, accelerator pedal extenders, and shift levers.

Handicaps, Inc.^{c,d}
Wells-Engberg Co., Inc.^{c,d}

Heel Loops

The Heel Loops can provide safe foot positioning and control on foot rests of wheelchairs. These are an alternative to nylon webbed and other types of heel loops. The Heel Loops are extruded plastic that mounts on the rear of the wheelchair foot rest.

Consumer Care Products^b

Dycem®

This material avoids slippage of objects and is not permanent. It is non-toxic and can be easily washed. Use it under plates, trays, cushions, glasses -- almost anywhere. It comes in various size pads.

J.A. Preston Corp.^d
TASH, Inc.^{a,b}

Key Ring for Wheelchair

This leather key holder snaps on the arm of a wheelchair, keeping keys handy.

George H. Snyder^a

Lower Back Support Cushions

The person with a bad back can experience severe pains if they remain seated for a long

Wheelchair Cup Holder

Holding a cup in a wheelchair can be a difficult task. This cup/mug holder has an opening for the handle. It can be adapted for right or left handed individuals.

ARCOA Inc.^a
Avenues Unlimited^a

Wheelchair Down-Under Catch-All

Carrying items takes unique solutions for persons who use a wheelchair. This down-under catch-all attaches to the bottom horizontal frame bars and rear vertical bars to form a sling under the chair. It is made of black polypro webbing and polypro mesh netting. It will hold a large number of items safely.

Avenues Unlimited^c
Laurel Designs^b

Wheelchair Gloves

Persons in wheelchairs need something to protect their hands. Adult and children's cycling gloves fit this bill. They are often padded leather palms and crocheted fabric back for ventilation. Other gloves are made of neoprene pads.

Access to Recreation^{a,b,c}
Avenues Unlimited^a
Mega Bike, Inc.^a

Wheelchair Lap Trays

Wheelchair lap trays come in a variety of sizes, shapes and colors. These trays make it possible for the person in a wheelchair to do a number of activities with a minimum of effort. Wheelchair lap trays are made of many different materials (e.g., Masonite, formica, polycarbonate). They come in different shapes and sizes. Some affix on the arms of the wheelchair and others strap on the back.

Avenues Unlimited^{b,c}
Consumer Care Products
Creative Rehabilitation Equipment^d
Diller Medical, Inc.^c
Fred Sammons, Inc.^{b,c,d}
Sears^{b,c,d}
TASH, Inc.^{c,d}
Wheel-Chair Carrier, Inc.^b

Wheelchair Pads and Cushions

For individuals who must sit for long hours during the day, a chair pad or cushion in the wheelchair can make a large difference in their comfort level. Many of these pads or cushions are designed to avoid pressure sores. They may also provide insulation against heat or cold. They are made of a variety of materials from latex, cotton to foam. Some are specially designed with inner and outer foam layers and non-skid bottom.

Avenues Unlimited^{c,d}
Diller Medical, Inc.^d
Med Foam^d
Fred Sammons, Inc.^{b,c,d}
Sears^{a,b,c,d}
Spenco Medical Corp.^c
TASH, Inc.^{b,c}
Wheel-Chair Carrier, Inc.^{a,b,c}